



The tears have dried, the anger has abated... hello, Prozac
Melanie Reid

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The happy news about Seasonal Affective Disorder



John Naish
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Millions claim to have Seasonal Affective Disorder but new research suggests that figures are exaggerated

When [Beverley Bunting moved from sunny Australia to wintry Southport, Merseyside](#), she quickly began to fall into despair. She also put on a stone and a half, thanks to a new craving for sweets. "I used to get winter cravings for chocolate and biscuits," she says. "I wondered what was the matter with me. I felt miserable. I was tired all the time. In the summers, I felt fine."

For years, Bunting blamed the problem on her busy life — "I had a lovely young family, but bringing up three children in winter could be such a strain."

Experiencing SAD symptoms in winter may not be the result of a clinical illness
CAMERA PRESS/ Thierry Belliard

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Morning rush | *Adrenaline rush*



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